

What should I do when my children whine all the time?

Children whine for a variety of reasons. They may be tired, hungry or bored. They may also be trying to get your attention, trying to make you feel guilty or trying to manipulate the situation to get what they want. Whatever the reason, whining is not the way children should learn to communicate with adults.

Make sure that you spend enough time talking to your children about what they are doing and how they are feeling. This may prevent your children from whining just to get your attention. Tell your children that you cannot talk to them when they are whining and tell them to ask again using their normal voice. Be consistent with this, sometimes whining becomes a habit that will be difficult to break without consistent intervention.

Whenever you make a decision about your children, do not change your mind if they begin to whine in order to get their way. If you change your decision after they whine about it, this will reinforce the whining behavior.

Communicate with your spouse, partner, babysitter, and relatives about any whining behavior that is a problem. Make sure that your children do not go to anyone else after you have made a decision about their requests.

Remain calm when your children are whining. By getting upset, you may lose control of the situation. Offer another suggestion whenever you tell your children “No”, this will give them an alternative to their request and may prevent them from whining.